

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a plain white background where the text is placed.

Natural

Why hair vitamins is important?

- ▶ The presence of healthy, beautiful hair is considered desirable in many societies.
- ▶ Hair vitamins are supposed to be good for the health of your hair. For instance, well-known brands say that their products can make hair grow faster, shine more, get thicker, and be stronger.
- ▶ **What are hair vitamins?**
- ▶ Hair vitamins are supposed to be good for the health of your hair. For instance, well-known brands say that their products can make hair grow faster, shine more, get thicker, and be stronger.

Which nutrients promote healthy hair?

- ▶ There are a lot of reasons why hair health gets affected. It makes it hard to zero in on what exactly is causing problems.
- ▶ Visible hair loss or thinning, slow growth, dryness, fragility, brittleness, and dullness are all symptoms of unhealthy hair.
- ▶ Enhancing one's diet and way of life often helps promote healthy hair. Hair health and strength may benefit in particular from an adequate intake of certain vital nutrients.

Vitamin A:

- ▶ Vitamin A is necessary for the development and maintenance of all cells and tissues, especially those of the hair and scalp. Vitamin A is essential for sebum production, which lubricates the hair and prevents it from drying out. Some good sources of Vitamin A include Beef liver, Cod liver oil, Blue fin tuna, Eggs, carrot, spinach, mango, water melon, papaya, guava and passion fruit.

Vitamin B:

- ▶ Vitamin B6, folic acid, and vitamin B12 are the B vitamins that have an effect on hair development. Red blood cells, which deliver oxygen to all of the body's tissues, including the hair, require the presence of certain vitamins for effective production.
- ▶ Wheat germ, cooked and dried beans and peas, pork, liver, and eggs are additional good sources of vitamin B6. Leafy green veggies, bananas, avocados, cauliflower, and soy products are also good sources. Only foods derived from animals contain vitamin B12. Green leafy vegetables, brewer's yeast, fortified cereals, citrus fruit, beets, broccoli, whole grains, and tomatoes are additionally good sources of folic acid

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Vitamin C:

- ▶ Vitamin C is required for collagen formation; a deficiency in this vitamin might result in brittle hair. Sebum synthesis requires vitamin A and vitamin C. Good sources of Vitamin C are Guava, Broccoli, Lychees. Lemons, Papayas, Strawberries and Oranges.

Iron:

- ▶ Haemoglobin in red blood cells is made of iron, and it is iron that transports oxygen. A common sign of anaemia, which is caused by a lack of iron, is hair loss. Iron is found in beef, lamb, pork, nuts, oats, tofu, spinach and beans.